

Fruit & Veggie Color Champions™
Supermarket Scavenger Hunt

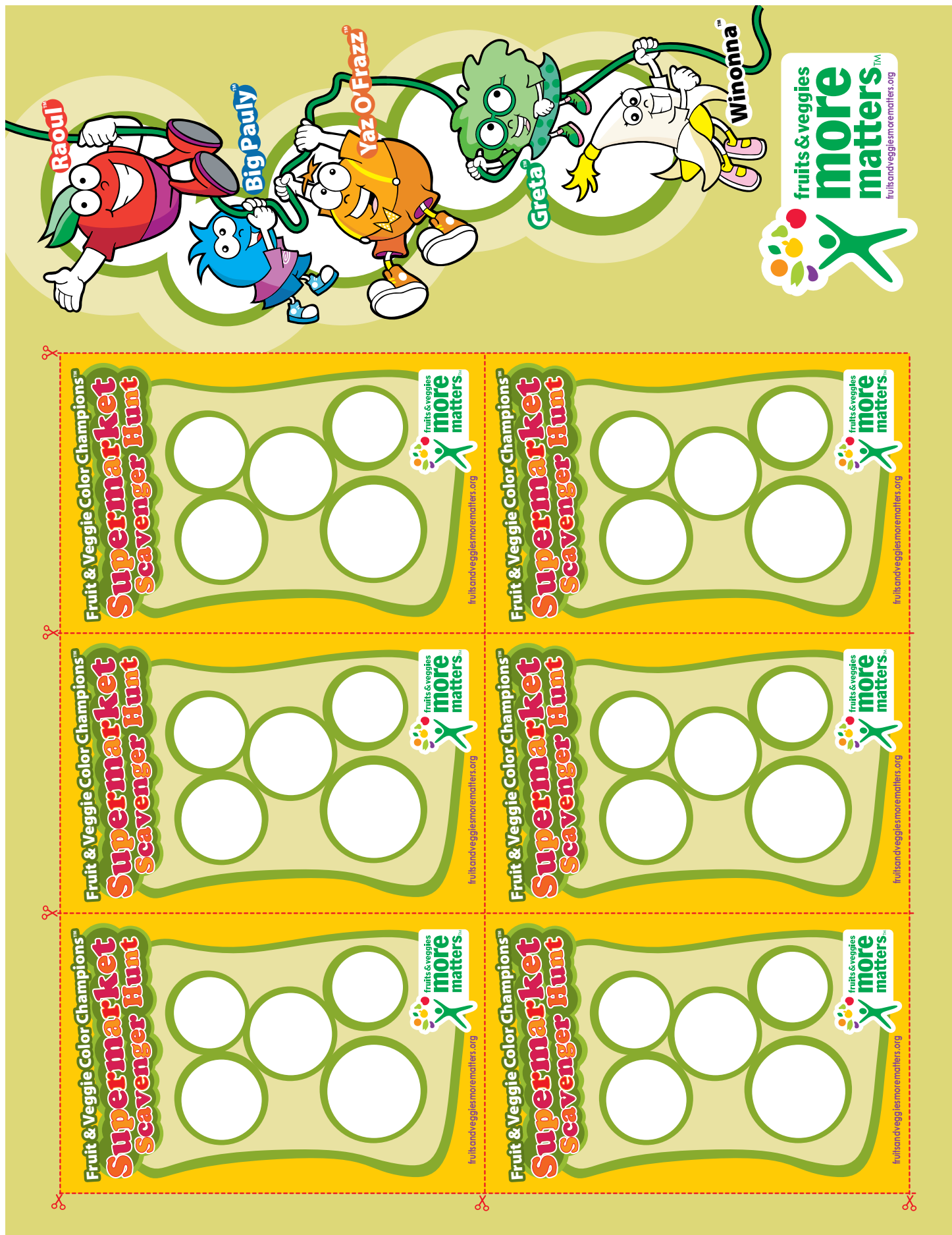
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What Fruits and Veggies Did You Have in the Last 24 Hours?

If you have juice, only count 100% juice.

	Veggies	Fruits
Morning		
Mid-Morning		
Noon		
Afternoon		
Evening		
Late-Evening		

MyPyramid Daily Calorie Levels



MyPyramid assigns individuals to a calorie level based on their sex, age, and activity level. The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2–18 years, and for adults in 5-year increments.

MALES				FEMALES			
ACTIVITY LEVEL	SEDENTARY*	MOD. ACTIVE*	ACTIVE*	ACTIVITY LEVEL	SEDENTARY*	MOD. ACTIVE*	ACTIVE*
AGE		A		GE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19–20	2600	2800	3000	19–20	2000	2200	2400
21–25	2400	2800	3000	21–25	2000	2200	2400
26–30	2400	2600	3000	26–30	1800	2000	2400
31–35	2400	2600	3000	31–35	1800	2000	2200
36–40	2400	2600	2800	36–40	1800	2000	2200
41–45	2200	2600	2800	41–45	1800	2000	2200
46–50	2200	2400	2800	46–50	1800	2000	2200
51–55	2200	2400	2800	51–55	1600	1800	2200
56–60	2200	2400	2600	56–60	1600	1800	2200
61–65	2000	2400	2600	61–65	1600	1800	2000
66–70	2000	2200	2600	66–70	1600	1800	2000
71–75	2000	2200	2600	71–75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002. Calorie needs will vary for individuals depending on age, gender, height, weight, and activity level.

Sedentary = less than 30 minutes a day of moderate physical activity in addition to daily activities.

Moderately (Mod.) Active = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

Active = 60 or more minutes a day of moderate physical activity in addition to daily activities.

Adapted from: United States Department of Agriculture. Center for Nutrition Policy and Promotion, April 2005

MyPyramid Food Intake Patterns



These are suggested amounts of food to consume from each of the food groups and oils to meet recommended nutrient intakes for each calorie level. Each group's calorie level was based on the lowest-fat form of food in each group (e.g., lean meats cooked without added fat and fat free milk) and was also based on food without added sugars (e.g., plain yogurt instead of yogurt with added sugar). The table also shows the discretionary calorie allowance⁸ that can be used within each calorie level.

DAILY AMOUNT OF FOOD FROM EACH GROUP						
Calorie Level ¹	1,000	1,200	1,400	1,600	1,800	2,000
Fruits ²	1 cup	1 cup	1 1/2 cups	1 1/2 cups	1 1/2 cups	2 cups
Vegetables ³	1 cup	1 1/2 cups	1 1/2 cups	2 cups	2 1/2 cups	2 1/2 cups
Grains ⁴	3 oz	4 oz	5 oz	5 oz	6 oz	6 oz
Meat and Beans ⁵	2 oz	3 oz	4 oz	5 oz	5 oz	5 1/2 oz
Milk ⁶	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	3 teaspoons	4 teaspoons	4 teaspoons	5 teaspoons	5 teaspoons	6 teaspoons
Discretionary ⁸ calorie allowance	165	171	171	132	195	267

DAILY AMOUNT OF FOOD FROM EACH GROUP						
Calorie Level ¹	2,200	2,400	2,600	2,800	3,000	3,200
Fruits ²	2 cups	2 cups	2 cups	2 1/2 cups	2 1/2 cups	2 1/2 cups
Vegetables ³	3 cups	3 cups	3 1/2 cups	3 1/2 cups	4 cups	4 cups
Grains ⁴	7 oz	8 oz	9 oz	10 oz	10 oz	10 oz
Meat and Beans ⁵	6 oz	6 1/2 oz	6 1/2 oz	7 oz	7 oz	7 oz
Milk ⁶	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	6 teaspoons	7 teaspoons	8 teaspoons	8 teaspoons	10 teaspoons	11 teaspoons
Discretionary ⁸ calorie allowance	290	362	410	426	512	648

- 1. Calorie Levels** are set across a wide range to meet the needs of different individuals. The "MyPyramid Daily Calorie Levels" chart can be used to help assign individuals to their estimated calorie level.
- 2. Fruits Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.
- 3. Vegetables Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
- 4. Grains Group** includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as a 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.
- 5. Meat & Beans Group** In general, 1 ounce of lean meat, poultry, or fish; 1 egg; 1 tablespoon peanut butter; 1/4 cup cooked dry beans; or 1/2 ounce of nuts or seeds can be considered as a 1 ounce equivalent from the meat and beans group.
- 6. Milk Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat free or lowfat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.
- 7. Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.
- 8. Discretionary Calorie Allowance** These are extra calories that are available after you have eaten all food amounts from each food group. If you are trying to lose weight, you may choose not to use discretionary calories. For those who want to maintain their current weight, discretionary calories may be used to: (1) increase the amount of food selected from each food group; (2) consume food that is not in the lowest fat form (such as 2% or whole milk or medium-fat meat); (3) consume food that contains added sugars; (4) add oil, fat, or sugars to foods; or (5) consume alcohol (non-pregnant adults only).

Adapted from the U.S. Department of Agriculture MyPyramid.gov website.

side l

Use this worksheet to keep track of what you eat each day and compare your daily intake to your goals for each food group. Determine your daily estimated calorie level using the "MyPyramid Daily Calorie Levels" chart. My estimated calorie requirement is _____ calories per day. Using the "MyPyramid Food Intake Patterns" chart, find out the amount of food you need daily from each food group and fill it in the spaces under the Goal column below. See side 2 for discretionary calories and daily physical activity.

Food Group	Daily Goal	Food and Beverage Choices for Today	Daily Total
Grains Eat at least 3 ounces of whole grains each day or at least half of your grains should be whole grains.	1 ounce equals: 1 slice of bread 1 cup ready-to-eat cereal 1/2 cup cooked rice, pasta, or cereal 1 small muffin 1/2 of an English muffin, 3" bagel, or hamburger roll 5-6 whole grain crackers 3 cups popped popcorn	_____ _____ _____ _____ _____	<u> ounces </u>
Vegetables Eat more dark-green and orange vegetables. Eat more dry beans and peas.	1 cup equals: 1 cup cut-up or cooked vegetable 1 cup vegetable juice 2 cups leafy salad greens	_____ _____ _____	<u> cups </u>
Fruits Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices.	1 cup equals: 1 cup cut-up or cooked fruit 1 cup fruit juice 1/2 cup dried fruit	_____ _____ _____	<u> cups </u>
Milk Select low-fat or fat-free milk, yogurt, and other milk products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified beverages.	1 cup equals: 1 cup (8 fluid ounces) milk or yogurt 1 1/2 ounces natural cheese 2 ounces processed cheese	_____ _____ _____	<u> cups </u>
Meat & Beans Choose lean meats and poultry. Bake it, broil it, or grill it. Vary your routine—choose fish, beans, peas, nuts, and seeds.	1 ounce equals: 1 ounce cooked meat, fish, or poultry 1 egg 1/4 cup cooked dry beans or tofu 1 tablespoon of peanut butter 1/2 ounce nuts or seeds	_____ _____ _____ _____	<u> ounces </u>
Oils Oils include fats from many plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil.	1 teaspoon (5 grams) equals: 1 teaspoon liquid vegetable oil 1 teaspoon margarine with zero trans fat 1 tablespoon low-fat mayonnaise 2 tablespoons light salad dressing	_____ _____ _____ _____	<u> teaspoons </u>

MyPyramid Daily Worksheet

Discretionary Calories	Daily Goal	Food and Beverage Choices for Today	Daily Total
Some foods don't fit into any group. These "extras" may be mainly fat or sugar. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.	<p>_____ calories</p> <p>Check the Nutrition Facts label to keep saturated fats, trans fat, and sodium low. Choose foods and beverages low in added sugar. Added sugars contain calories with few, if any, nutrients.</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ calories</p>
Physical Activity	Daily Goal	List Each Activity and Number of Minutes	Daily Total
Build physical activity into your daily routine.	<p>_____ minutes</p> <p>Adults should be physically active for at least 30 minutes most days of the week. About 60 minutes a day may be needed to keep from gaining weight. To lose weight, 60 to 90 minutes a day may be needed. Children and teenagers should physically active for 60 minutes every day, or most days.</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____ minutes</p>



How did you do today? ☐ Great ☐ So-So ☐ Not so great

My food goal for tomorrow is:_____

My activity goal for tomorrow is:



Fruit & Veggie Frenzy

Name: _____ Date: _____

My goal is to eat ____ cups of fruits daily.

According to my One Day Food Recall, I ate ____ cups of fruits yesterday.

My goal is to eat ____ cups of vegetables daily.

According to my One Day Food Recall, I ate ____ cups of vegetables yesterday.

Our goal is always to eat more fruits and vegetables. Looking at your One Day Food Recall, list some additional ways you could add these food groups to your menu:

1. _____
2. _____
3. _____
4. _____
5. _____



Vegetable Scramble

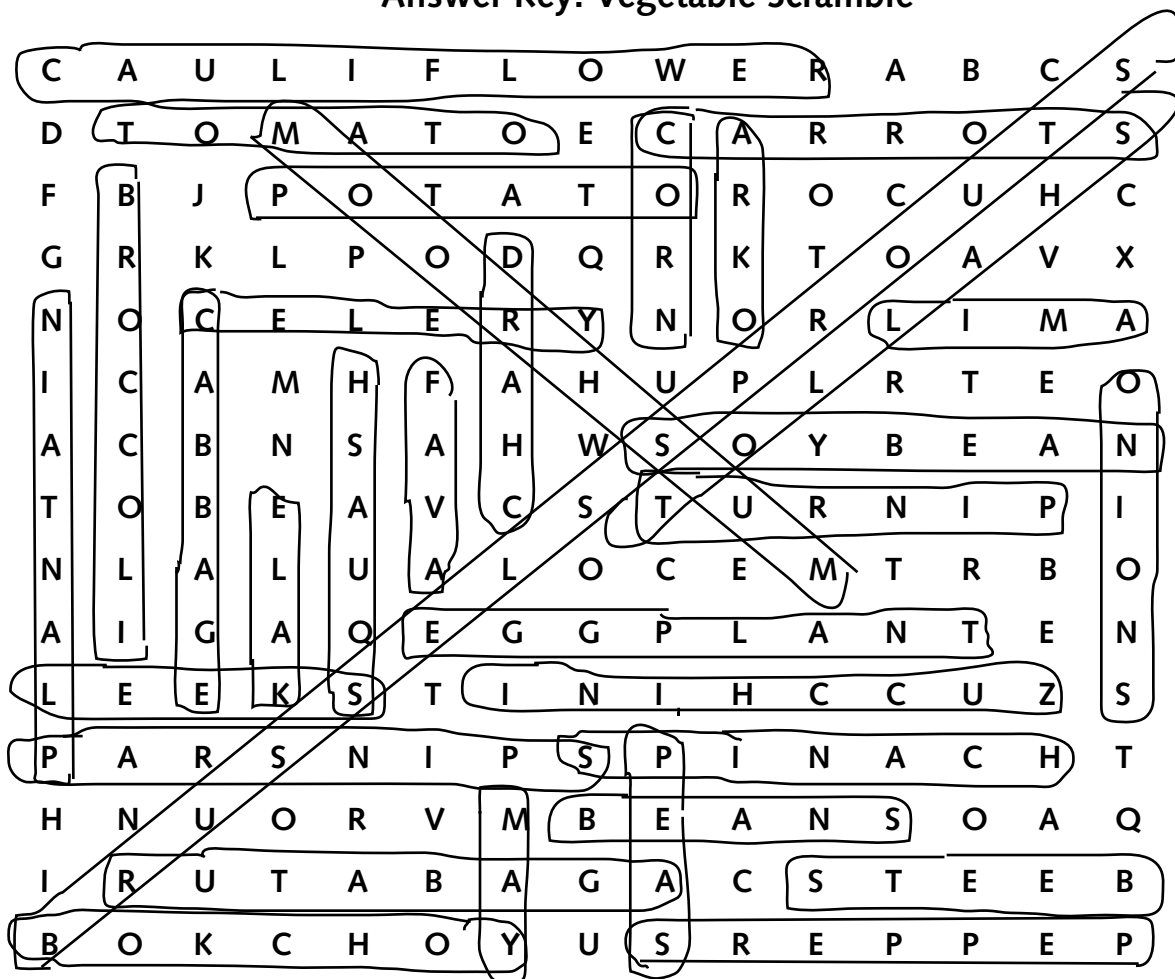
C A U L I F L O W E R A B C S
 D T O M A T O E C A R R O T S
 F B J P O T A T O R O C U H C
 G R K L P O D Q R K T O A V X
 N O C E L E R Y N O R L I M A
 I C A M H F A H U P L R T E O
 A C B N S A H W S O Y B E A N
 T O B E A V C S T U R N I P I
 N L A L U A L O C E M T R B O
 A I G A Q E G G P L A N T E N
 L E E K S T I N I H C C U Z S
 P A R S N I P S P I N A C H T
 H N U O R V M B E A N S O A Q
 I R U T A B A G A C S T E E B
 B O K C H O Y U S R E P P E P

The words below are hidden in the chart above. See how many you can find.

BEANS	EGGPLANT	PLANTAIN
BEETS	FAVA	POTATO
BOK CHOY	KALE	RUTABAGA
BROCCOLI	LEEK	SHALLOT
BRUSSELS SPROUTS	LIMA	SOYBEAN
CABBAGE	MUSHROOM	SPINACH
CARROTS	OKRA	SQUASH
CAULIFLOWER	ONIONS	TOMATO
CELERY	PARSNIPS	TURNIP
CHARD	PEAS	YAM
CORN	PEPPERS	ZUCCHINI

Adapted from University of Illinois Extension, Family Nutrition Program.

Answer Key: Vegetable Scramble



The words below are hidden in the chart above. See how many you can find.

BEANS	EGGPLANT	PLANTAIN
BEETS	FAVA	POTATO
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CELERY	PARSNIPS	TURNIP
CHARD	PEAS	YAM
CORN	PEPPERS	ZUCCHINI

Adapted from University of Illinois Extension, Family Nutrition Program.



Finding Fruit on the Menu

Draw a line from the description on the left side to the correct fruit on the right side.

- | | |
|--|------------|
| 1. Yellow citrus fruit rich in Vitamin C. | Avocado |
| 2. Big green fruit that's sweet as honey. | Peach |
| 3. These are dried to make raisins. | Honeydew |
| 4. The state of Georgia is known for this fruit. | Cantaloupe |
| 5. A red berry served on shortcake. | Lime |
| 6. Pear-shaped tropical fruit with a large seed. | Mandarin |
| 7. Citrus fruit that has qualities of an orange and a tangerine. | Lemon |
| 8. This fruit is a Hawaiian native. | Grapes |
| 9. Large fruit with hard rind, usually sweet red. | Plum |
| 10. These are dried to make prunes. | Tangelo |
| 11. Citrus fruit that is easily peeled. | Strawberry |
| 12. Green citrus fruit. | Tangerine |
| 13. Orange grown in the Orient. | Watermelon |
| 14. Large, round fruit with a rough, netted rind. | Pineapple |

Adapted from University of Illinois Extension, Family Nutrition Program.

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What Changes Will You Make?

Goal Setting: Place a check mark beside the changes in your daily eating that you are willing to try this month.

BREAKFAST

- ☐ Start the day with 100% fruit or vegetable juice.
- ☐ Try fresh fruit on your favorite cereal.

SNACKS

- ☐ Snack on carrot sticks or other ready-to-eat raw vegetables.
- ☐ Try a “new” fruit as a snack.
- ☐ Store fruit at eye-level instead of in the refrigerator for good accessibility.
- ☐ Choose fruits or vegetables that require just a little preparation, such as cherry tomatoes, cauliflower, grapes, 100 percent fruit or vegetable juice.

LUNCH

- ☐ Try a new fruit or vegetable with lunch
- ☐ Combine different colored fruit for lunch
- ☐ Try adding more vegetables to your favorite pizza

DINNER

- ☐ Try a fruit kabob for an appetizer. Include strawberries, grapes, melon slices, or pineapple slices.
- ☐ Use low-fat yogurt for a dip.
- ☐ Add another vegetable with dinner.
- ☐ Make your own salsa with tomatoes, mangoes, avocados, red onions, cilantro and lime juice.
- ☐ Add fruit to your low-fat yogurt.
- ☐ Grill fruits or vegetables such as yellow squash, nectarines, cherry tomatoes, eggplant, pineapple, onions, and mushrooms.



Tips to Help You Eat Fruits

In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate fruit that has been cut into bite size pieces for later use.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.



For the best nutritional value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

At meals:

- At breakfast, top your cereal with bananas, peaches, or berries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.



As snacks:

- Cut-up fruit makes a great snack. Either buy pre-cut packages or cut the fruit yourself.
- Try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, $\frac{1}{4}$ cup is equivalent to $\frac{1}{2}$ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes, and raisins.
- As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.



Make fruit more appealing:

- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try applesauce as a fat-free substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to prevent browning.



Keep it safe:

- Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.

Adapted from MyPyramid.gov, United States Department of Agriculture, May 2005 by Jo Shuford-Law, UF/IFAS, Leon County Extension Family and Consumer Sciences, 2005.



Tips to Help You Eat Vegetables

In general:

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of foods such as baby carrots or celery sticks for quick snacks.
- Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
- Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables—raw or lightly steamed.



For the best nutritional value:

- Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Sauces or seasonings can add calories, fat, and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.
- Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
- Buy canned vegetables labeled “no salt added.” If you want to add a little salt it will likely be less than the amount in the regular canned product.



At meals:

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.

- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.



Make vegetables more appealing:

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves. Include in-season vegetables for variety through the year.
- Include cooked dry beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Decorate plates or serving dishes with vegetable slices.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florets, cucumber slices, or red or green pepper strips.



Keep it safe:

- Wash vegetables before preparing or eating them. Under clean, running water, rub vegetables briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing, or storing.

Adapted from: MyPyramid.gov, United States Department of Agriculture, May 2005 by Jo Shuford-Law, UF/IFAS, Leon County Extension Family and Consumer Sciences, 2005.



Consumer Handouts developed by CDC

Note: These consumer handouts developed by the Centers for Disease Control and Prevention (CDC) can be downloaded at www.fruitsandveggiesmatter.gov. When you are at this website, select "Publications" on the left side of the screen. You will see CDC's publications related to fruits and vegetables listed by title. Then select the title you are interested in downloading.

Eat More Fruits and Veggies

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight.

Too busy? See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.



Save Time

- Pick fruits or vegetables that require little peeling or chopping, such as baby carrots, cherry tomatoes, or grapes.
- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165°F and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.
- Visit the salad bar for pre-cut vegetables to top salads, sandwiches, or pasta.

Save Money

- Take advantage of in-store promotions and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.
- Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.

Save Time + Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Make vegetable-based one-pot meals using soy or other beans instead of higher cost protein sources, such as meat, fish, or poultry. One-pot meals also reduce the number of pans and other utensils that must be washed, saving you time.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, frozen, or dried fruits and vegetables.



* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



Recipes

Vegetarian Stuffed Peppers

Prepared in less than 30 minutes, this colorful dish packed with vitamin C makes a great addition to any meal. Substitute no-added-salt canned diced tomatoes to save time and money.

- 4 red or green bell peppers
- 2 cups grape tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half (lengthwise) and remove seeds. Arrange peppers cut side up in baking pan and lightly oil cut edges.
3. Halve tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt, and pepper.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

(Makes 8 servings.)

*Nutrition info per serving: Calories: 40kcal; Fat 2g; Sodium 80mg; Carb 7g; Fiber 2g; Protein 1g; Vit A 80%; Vit C 120%; Calcium 2%; Iron 4%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories



Green Bean Potato Salad

An alternative to the traditional potato salad, this tasty dish can be prepared in 20 minutes. Save time by using frozen green beans.

- 1 lb (3 1/2 cups) fresh green beans
- 2 lbs (2 1/2 cups) red potatoes
- 3 cloves garlic, minced
- 3 Tbsp fresh dill
- 4 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1 cup diced red bell pepper
- 1/2 cup chopped red onion

1. Steam green beans for 5 to 8 minutes.
2. Dice potatoes into bite-size pieces. Cook in boiling water until tender.
3. Prepare dressing by mixing dill, vinegar, oil, and mustard.
4. Add onion and bell pepper to cooled beans and potatoes; top with dressing and mix.

(Makes 8 servings.)

*Nutrition info per serving: Calories: 160kcal; Fat 5g; Sodium 35mg; Carb 26g; Fiber 4g; Protein 4g; Vit A 20%; Vit C 110%; Calcium 4%; Iron 8%

Lentil One Dish

Ready in 30 minutes, this low-cost dish is a great non-meat alternative.

- 1 cup uncooked rinsed lentils
- 1/2 cup uncooked brown rice
- 3 cups sliced carrots
- 1 lb (2 1/2 cups) swiss chard, chopped
- 1 lb (3 1/2 cups) kale, chopped
- 3 cups water
- 1 packet onion soup mix
- 1 tsp basil
- 1 Tbsp olive oil

1. Place all ingredients in large pot and bring to a boil.
2. Reduce heat, cover, and cook until rice is done, about 20 minutes.

(Makes 6 servings.)

*Nutrition info per serving: Calories: 280kcal; Fat 4g; Sodium 540mg; Carb 51g; Fiber 15g; Protein 15g; Vit A 470%; Vit C 200%; Calcium 20%; Iron 35%

Visit
www.cdc.gov/fruitsandveggies
for more great recipes!

Least expensive way to eat fruits and veggies

Fresh	apples, peaches, pears, blueberries, strawberries, cherries, cabbage, potatoes, broccoli, carrots, cauliflower, kale, sweet potatoes, spinach, squash/zucchini, mangoes, papayas, bananas
Frozen	raspberries, collard greens, turnip greens, okra
Canned	green beans, tomatoes, sweet corn, green peas, asparagus
Dried	grapes (raisins), apricots
Juice	grapefruit (frozen), orange (frozen), pineapple, prune (plums), tomato

Source: *How Much Do Americans Pay for Fruits and Vegetables?* AIB-790. Economic Research Service/USDA

Entertain the Fruit & Veggie Way

We all enjoy gathering with friends and family for fun, laughs, and of course, food! Social gatherings sometimes offer few healthy choices, and you may be tempted to overeat in the company of others.

Encourage others to eat a healthy diet* by including a variety of fruits and vegetables at your next gathering. Host a fruit and vegetable pot luck. Ask family and friends to bring their favorite fruit or vegetable dish. Or set a theme, such as cultural night, and prepare fruit and vegetable dishes from a certain country or region.



Sample Regional Menus

Mediterranean *Whole-wheat pita bread with hummus • Turkey apple gyros • Cucumber and tomato salad*

Italian *Bruschetta with plums and fresh basil • Whole-wheat pasta with tomato sauce • Steamed mixed vegetables*

Mexican *Baked tortilla chips with salsa • Avocado tacos • Black beans and rice*



Check the reverse side for several of these delicious recipes and visit www.fruitsandveggiesmatter.gov for more ideas.

Include fruits and veggies at your next get-together



- Use a fresh vegetable platter or fruit salad as a colorful, appetizing, and tasty centerpiece.
- Make kabobs by placing bite-sized pieces of fruits or veggies onto skewers. Get your kids to help—they are fun to make and eat!
- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.
- Season your dishes with garlic, onions, or lemon juice to add flavor without adding fat or salt.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your



Recipes

Bruschetta with Plums and Fresh Basil

Bruschetta is typically served with tomatoes and mozzarella cheese, but plums are a sweet surprise in this tasty Italian-inspired side.

- 1 sourdough baguette (24 inch)
- 4 oz fat-free cream cheese, whipped
- 6 cups sliced fresh plums (about 9 plums)
- 1 cup fresh basil

1. Slice baguette into 24 one-inch-thick pieces.
2. Toast baguette slices in a 350°F oven until golden brown.
3. Spread each slice with fat-free cream cheese.
4. Place slices (about 3) of plum on each piece.
5. Garnish with basil.

(Makes 6 servings — 4 baguette slices per serving)

*Nutrition info per serving:
Calories 120kcal; Fat 1g; Sodium 160mg; Carb 25g; Fiber 3g; Protein 5g; Vit A 20%; Vit C 30%; Calcium 6%; Iron 4%

Turkey Apple Gyros

This traditional Greek sandwich gets a makeover with lean turkey meat replacing beef and a golden delicious apple added for a sweet crunch.

- 2 medium golden delicious apple, cored and thinly sliced
- 2 Tbsp fresh lemon juice
- 1 cup thinly sliced onion
- 1 medium red bell pepper, cut into thin strips
- 1 medium green bell pepper, cut into thin strips
- 1 tsp olive oil
- 8 oz cooked turkey breast, cut into thin strips
- 6 whole-wheat pita bread rounds (6-1/2" diameter)
- 1/2 cup plain low-fat yogurt
- 1 garlic clove, minced

1. Toss apple with lemon juice, set aside.
2. In a large nonstick skillet, sauté onion and peppers in hot oil, stirring frequently until crisp and tender.
3. Add turkey to skillet and stir until heated through.
4. Stir in apple mixture. Add garlic to yogurt and mix.
5. Lightly toast the pita and then cut in half. Fill each half with the turkey mixture.
6. Drizzle with yogurt mixture.

(Makes 6 servings.)

*Nutrition info per serving:
Calories 280kcal; Fat 3g; Sodium 380mg; Carb 48g; Fiber 7g; Protein 19g; Vit A 15%; Vit C 80%; Calcium 6%; Iron 15%

Avocado Tacos

Try this variation of a Mexican favorite.

- 1 ripe avocado, peeled and seeded
- 1 medium onion, julienne
- 2 large green peppers, julienned
- 1 cup fresh cilantro, finely chopped
- 1-1/2 cup fresh tomato salsa
- 12 whole-wheat flour tortillas (10 inch diameter)

Non-stick cooking spray



1. Spray skillet with cooking spray.
2. Lightly sauté onion and peppers.
3. Cut avocado into 12 slices.
4. Warm tortillas in oven; layer peppers, onions, one avocado slice, and salsa.
5. Fold tortillas to enclose the filling and serve.

(Makes 12 servings.)

*Nutrition info per serving:
Calories 190kcal; Fat 6g; Sodium 180mg; Carb 28g; Fiber 5g; Protein 5g; Vit A 25%; Vit C 100%; Calcium 2%; Iron 8%

Visit www.fruitsandveggiesmatter.gov for more great recipes.

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Encourage Kids to Eat More Fruits & Veggies

Eating fruits and vegetables is part of a healthy diet* for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce a variety of fruits and vegetables to kids can help develop a lifetime of healthy habits.



10 Ways to Help Kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.
6. Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends or relatives to offer vegetables and fruits to your children.



Important Elements—Smell, Texture, and Color

- Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.
- Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy, and some children like crisp foods, but others like soft.
- Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat or fat-free yogurt.

*In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



Kid Friendly Recipes

Trees in a Broccoli Forest

This fun recipe allows kids to be creative with their food.

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 Tbsp parsley leaves

Dipping Sauce:

- 1/4 cup plain non-fat yogurt
- 1/4 cup low-fat sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

1. To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Hold carrots against cutting board and trim off ends. Cut each carrot in half, crosswise, then lengthwise to make four pieces. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate.
3. Spoon dip around the base of carrots and sprinkle with parsley. (Makes 4 servings.)

*Nutrition info per serving: Calories 73kcal; Fat 1.5g; Sodium 88mg; Carb 13g; Fiber 3g; Protein 4g; Vit A 180%; Vit C 100%; Calcium 10%; Iron 4%

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories



Fruity Breakfast Parfait

Breakfast is an easy time to include fruits in a child's diet. This easy breakfast parfait is as fun for kids to make as it is to eat!

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup low-fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

1. In glasses, layer pineapple, raspberries, yogurt, banana, and dates.
2. Sprinkle the top with almonds. (Makes 4 servings.)

*Nutrition info per serving: Calories 207kcal; Fat 4.2g; Sodium 42mg; Carb 41g; Fiber 5g; Protein 5.6g; Vit A 2%; Vit C 70%; Calcium 15%; Iron 4%

Carrot and Raisin Sunshine Salad

This salad is colorful and provides kids with many important nutrients, including vitamin A. It makes a good snack, side dish, or dessert.

- 1 pound carrots (5-6) peeled and shredded
- 1/2 cup raisins
- 1 carton (8oz) low-fat vanilla yogurt
- 4 to 6 iceberg lettuce leaves

1. Mix all ingredients together except lettuce leaves in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes.
2. Toss again before serving. Serve on lettuce leaves. (Makes 4 to 6 servings.)

*Nutrition info per serving: Calories 126kcal; Fat 1g; Sodium 95mg; Carb 28g; Fiber 3g; Protein 4g; Vit A 310%; Vit C 10%; Calcium 10%; Iron 4%

Seeing Is Believing
Model healthy eating habits to kids by eating fruits and vegetables often. Kids tend to follow the actions of older family members.



Keeping Your Toddler Safe

- **Modify the shape and texture of firm foods.** To avoid choking, cut grapes into quarters, chop apples and firm fruits into very small pieces, and cook carrots and hard vegetables until soft, then cut into small pieces.
- **Keep an eye on small children when they are eating.** Small children may eat in a hurry, stuff too much food in their mouths, or chew their food inadequately which may cause a child to choke.
- **Prevent injuries by prohibiting children from running or playing while chewing food.** Feed small children only when they are sitting down and are in a relaxed atmosphere. Train toddlers to chew their food thoroughly before swallowing.

To find out how many fruits and vegetables you need plus more recipe ideas, please visit www.fruitsandveggiesmatter.gov

Fruits & Veggies *On the Go!*

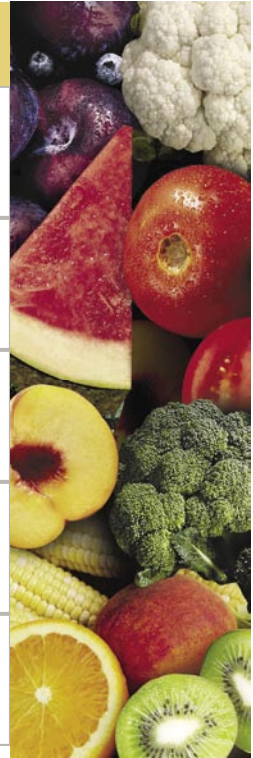
You know that eating a diet rich in fruits and vegetables is good for you, but you're constantly on the go. See how you can fit fruits and veggies into your everyday world. Fruits and vegetables can be a part of a balanced diet any-time, anywhere.

Fruits and veggies are available in many different forms that are easy to take with you. Prepared fresh fruits and vegetables, like baby carrots and fresh fruit cups, are available in the produce section. Dried fruits and vegetables pack away easily in your bag. Pre-packaged fruits in their own juice make a great addition to any lunch sack.



It all adds up

Breakfast on the road	Blend a smoothie with fresh fruit to drink on the way to work or school.
Mid-morning snack	Mix your favorite nuts with dried fruit such as cranberries, raisins, or apricots for a homemade trail mix to keep in your desk.
Lunch at a restaurant	Have a salad with a fat-free or low-fat dressing and a low-fat or fat-free vegetable soup at your favorite local restaurant or school cafeteria.
Afternoon snack	Snack on hummus and dippable veggies such as carrots and broccoli florets, for an energizing afternoon snack.
Dinner at home	Add steamed, baked, or sautéed veggies to your dinner at home.



"Make that a side of veggies"

It may be easier than you think to eat fruits and veggies when dining out. In addition to serving up salads, soups, and fruit cups, many restaurants and cafeterias offer veggie-packed entrees and sides.

- Try vegetable stir fry, vegetable fajitas, veggie wraps, or pasta primavera.
- Order a side of veggies with your meal, or pick three or four veggie sides and create your own vegetable plate.



Recipes that travel with you

Strawberry Yogurt Shake

Shakes are easy to prepare and will easily travel with you in a cup.

Breakfast

Make one on your way out the door to drink on the way to work.

- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain low-fat yogurt
- 1-1/2 cups frozen unsweetened strawberries
- 1 tsp granulated sugar (optional)

1. Add ingredients in the order listed to a blender container.
2. Puree at medium speed until thick and smooth.
3. Pour into glass and enjoy. (Makes 2 servings.)

Nutrition info per serving*: Calories 140kcal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%

Quick Bean Salad

This speedy salad recipe can be easily taken with you to work for an afternoon snack or as a side dish at dinner. Using canned beans helps decrease the preparation time.

Snack or Dinner

- 1 (15 oz) can garbanzo beans, rinsed and drained
 - 1 (16 oz) can French style green beans, drained
 - 1 (14 oz) can artichoke hearts, rinsed, drained, and quartered
 - 1/2 cup fat-free Italian salad dressing
1. Combine first three ingredients in a large bowl, tossing lightly.
 2. Pour dressing over vegetables, toss well, and chill for two hours before serving. (Makes 8 servings.)

Nutrition info per serving*: Calories 90kcal; Fat 1g; Sodium 290mg; Carb 14g; Fiber 3g; Protein 5g; Vit A 4%; Vit C 6%; Calcium 4%; Iron 10%

Visit www.fruitsandveggiesmatter.gov for more great recipes.

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value (DV) based on 2,000 calories



Sun-Dried Tomato Hummus

Hummus is a great item to take with you for lunch or for a snack.

Bring along dippable veggies, such as baby carrots and broccoli, to eat with the delicious hummus.

Lunch or Snack

- 2 (15 oz) cans garbanzo beans, rinsed and drained
- 1/3 cup fat-free yogurt
- 1/4 cup tahini (sesame seed paste)
- 3 garlic cloves
- 1/2 cup chopped and drained sun-dried tomatoes packed in oil
- 1 tsp dried oregano leaves
- 2 tsp lemon juice

1. Process garbanzo beans, yogurt, tahini, and garlic in food processor until smooth.
2. Stir in sun-dried tomatoes and herbs; season to taste with lemon juice.
3. Refrigerate two hours before serving. (Makes 8 servings.)

Nutrition info per serving*: Calories 190kcal; Fat 5g; Sodium 400mg; Carb 29g; Fiber 6g; Protein 8g; Vit A 2%; Vit C 10%; Calcium 8%; Iron 15%



Grab & Go

Stock your pantry, desk or refrigerator with items that can easily be taken with you. When you are in a hurry, you will have many delicious and nutritious snacks to choose from. Some great options include:

- 100% juice boxes.
- Dried fruit, such as raisins, apples, and dates.
- Fresh whole fruit.
- Pre-packaged green salads*.
- Baked veggie chips.
- Fruit in pre-packaged individual serving containers packed with water or fruit juice*.
- Pre-cut fruits and Veggies*.
- No-added sugar applesauce in individual serving containers.

*Refrigeration required



True or False? Test your fruit and veggie IQ.



Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease.

T A good source of many essential vitamins and minerals, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet* are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure.

Most people do not eat enough fruits and vegetables for good health.

T Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs? Visit www.fruitsandveggiesmatter.gov to see how many cups you need each day.

Green vegetables are the most nutritious.

F No one food contains all the nutrients your body needs. To get a healthy variety, think color. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives your body a wide range of nutrients, like fiber, folate, potassium, and vitamins A and C.



Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.

T No matter what the form — fresh, frozen, canned, dried, juice — all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

Fruits and vegetables can play a role in weight management.

T Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Fruits and vegetables are always more expensive than other foods.

F The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or snack grab bag, fruits and veggies are a bargain. *Based on 1999 A.C. Nielson Homescan data.*

Preparing fruits and vegetables always takes too much time.

F With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare. See reverse side for three great options. Or try whole fruits and vegetables. There are many varieties you can just rinse and eat.



Recipes

Black Beans with Corn & Tomatoes

Need a side dish or quick dip? This versatile dish is great with grilled chicken fajitas and baked tortilla chips.

10
minutes

- 1 15-ounce can low-sodium no-fat-added black beans
- 1 cup frozen corn, thawed
- 1 cup cut tomatoes (fresh or low-sodium canned)

- 1 clove garlic, minced
- 1 tsp chopped fresh parsley (optional)
- 1/2 tsp chili powder
- 1/8 tsp cayenne pepper or more to taste

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes, and garlic.
3. Add parsley, pepper, and chili powder.
4. Combine and serve.

(Makes 4 servings.)

*Nutrition info per serving: Calories: 110kcal; Fat 1g; Sodium 230mg; Carb 25g; Fiber 7g; Protein 6g; Vit A 10%; Vit C 20%; Calcium 4%; Iron 10%

Colorful Edamame Salad

This attractive salad will brighten up any plate. Serve as a first course or along side grilled chicken or fish.

- 1 1/2 cup shelled frozen edamame
- 4 cups romaine lettuce, cut
- 1 cup shredded carrots
- 2 cups halved grape tomatoes
- 1 cup sliced cucumber
- 1/2 cup chopped red onion

1. Add shelled edamame to 3 cups of boiling water and cook 4 minutes. Drain and rinse with cold running water to cool.
2. Mix all other ingredients and combine with the edamame in a large salad bowl.
3. If desired, toss with a low-fat dressing of your choice. *Note: The dressing is not included in the nutritional analysis below.*

(Makes 4 servings.)

*Nutrition info per serving:
Calories: 120kcal; Fat 2.5g; Sodium 80mg; Carb 17g; Fiber 4g; Protein 9g; Vit A 150%; Vit C 45%; Calcium 10%; Iron 10%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories



15
minutes

Pasta Primavera

Ready in just 30 minutes, this healthy version of the classic pasta dish is sure to be a favorite with family and friends.

30
minutes

- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced zucchini
- 1 cup macaroni or rotini pasta

Sauce:

- 1 Tbsp flour
- 1 Tbsp soft margarine
- 1 cup skim (fat-free) milk
- 1/4 tsp dried basil
- 1/8 tsp black pepper
- 2 Tbsp Parmesan cheese

1. Steam vegetables until crisp-tender, about 5 minutes.
2. Cook pasta according to package directions.
3. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk, basil, and pepper.
4. Cook over medium heat, stirring constantly, until sauce thickens.
5. Remove from heat and blend in cheese. Pour over hot vegetables.
6. Add macaroni and mix together.

(Makes 2 servings.)

*Nutrition info per serving:
Calories: 360kcal; Fat 8g; Sodium 200mg; Carb 56g; Fiber 5g; Protein 15g; Vit A 180%; Vit C 80%; Calcium 25%; Iron 15%

Visit www.fruitsandveggiesmatter.gov for more great recipes and tips to keep food safe.

Your Questions Answered

Q My family doesn't like vegetables. How can I make them more exciting?

A Vegetables come in many different colors, shapes, sizes, and flavors. With such a variety, there are likely to be some that your family will enjoy. Introduce new varieties on a regular basis.

Involve your family in the process. Plan a family outing to your local farmer's market. Allow children to pick out a new vegetable for the family to try. Have them help prepare and cook. Plant a small garden or volunteer to pick vegetables at a nearby farm or community garden.

When preparing vegetables, bring out different flavors by adding spices, herbs, or flavored vinegars. Try garnishing dishes with onions, garlic, salsa, or other vegetables.

Most importantly, keep trying. Vegetables are a good source of vitamins and minerals and an important part of a healthy diet.*

Q Help! Fresh fruits and vegetables go bad before I can use them. What can I do to minimize waste?

A Try to purchase only the amount of fresh fruits and vegetables you will eat in the next few days. Remember that fruits and vegetables come in forms, including frozen, canned, or dried, which last longer.

Properly storing fruits and vegetables can also help minimize spoilage. *See reverse side for storage tips.*

Here are some ways to use fresh fruits and vegetables before they spoil:

- Steam fresh vegetables. Allow them to cool and then place in air-tight containers and freeze. Use later in soups, casseroles, or re-heat for quick side dishes.
- Mash ripe bananas and freeze in 1/4 cup servings. Use for smoothies or homemade whole-grain breads.
- Squeeze the juice of oranges, grapefruit, lemons, or limes in a bowl. Mix with water and pour in ice trays. Freeze for flavorful ice cubes that add a fresh citrus essence to water or tea.
- Be creative. Add different fruits and vegetables to your favorite dishes to create new flavor twists.

Q How can I be sure that fruits and vegetables are free of contaminants?

A Although there is no way to be absolutely certain that any food is free of contaminants, one of the best ways to reduce the risk of illness is to wash all fruits and vegetables, before preparing or eating.

Follow these simple steps:

1. Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
2. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go to the next food.
3. Rinse produce under clean running water. Do not use detergents or bleach as these products are not intended for consumption.



Q Which cooking method is best for retaining the nutrients in fruits and vegetables?

A There is no one right way to cook a particular food, and no matter how careful you are, food preparation of any kind results in some nutrient loss. However, certain techniques can help you minimize nutrients lost. Try these methods next time you cook fruits or vegetables.

- Use a steamer or cook in small amounts of water. If possible, use the leftover cooking liquid in a soup or another dish.
- Cook fruits and vegetables "just until tender" and avoid overcooking.
- Cut and cook fruits and vegetables in pieces that are as large as possible to reduce exposure to air that destroys some vitamins.
- Cook fruits and vegetables as soon as possible after cutting.
- Prepare fruits and vegetables as close to serving time as possible.

* A healthy diet also includes fruits, whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

Storing Fresh Fruits and Vegetables

Apples	Refrigerate to prevent further ripening. Apples can keep for up to six weeks. Check apples often, and remove any apples that begin to decay, or the others will do the same.
Bananas	Keep at room temperature to further ripen. Once ripe, store in refrigerator for up to 3 to 5 days. Although the peel will turn dark brown, the fruit is good.
Bell Peppers	Store unwashed bell peppers in a plastic bag in the refrigerator. Peppers should stay fresh for about a week.
Broccoli	Store broccoli unwashed in an open plastic bag and place in refrigerator crisper. Use within a day or two after purchasing.
Carrots	Refrigerate carrots in the crisper section. Carrots should last several weeks.
Corn	Cook corn shortly after purchase for the best taste. If not, store in the refrigerator. Keep it in its husk until you are ready to cook it. For best flavor, eat within a couple of days.
Garlic	Store garlic bulb in a cool, dark place with low humidity out of the refrigerator. Garlic should last for several weeks.
Lemons	Store at room temperature or in a plastic bag in the refrigerator. Lemons should keep for about two weeks at room temperature or six weeks in the refrigerator. Cut lemons should be refrigerated and used as quickly as possible.
Lettuce	Keep unwashed lettuce in plastic bags in the crisper section of the refrigerator. Salad greens should be stored separately from fruits. Lettuce can last up to two weeks.
Mangos	Store mangos at room temperature and out of sun. The ideal temperature for mangos is 55°F. Mangos should have a shelf life of one to two weeks. Store cut mangos in plastic bag for no more than three days.
Onions	Store in a cool, dry, open space away from bright light. Because onions absorb moisture, do not store onions below the sink. Do not place onions near potatoes because potatoes give off moisture. Depending on the season, onions may last two to four weeks.
Oranges	Keep oranges at room temperature or in the crisper drawer of the refrigerator. Oranges will generally keep for up to two weeks.
Potatoes	Store in a cool, dry place. Sunlight can cause the skin of brown potatoes to turn green. Remove any green spots before using. Potatoes will keep for three to five weeks.
Spinach	Pack unwashed spinach lightly in a cellophane or plastic bag, and store in the refrigerator crisper. Spinach should be eaten within three to four days.
Squash	Place summer squash in plastic bags and store in the refrigerator. Squash should keep for about a week. Winter squash has a longer shelf life and may be stored in a cool, dry place for up to three months.
Tomatoes	Store at room temperature away from sunlight until fully ripened. Ripe tomatoes may be stored in the refrigerator and used within a week.

General Storing Tip: For fruits and vegetables that require refrigeration, store the fruits and vegetables in separate crisper sections to prevent exposure to ethylene gas, which is produced by some fruits, and decreases the storage life of certain vegetables.

For more answers to common questions, visit www.fruitsandveggiesmatter.gov.

Three simple steps to eating more fruits and vegetables.

Eating a variety of fruits and vegetables every day is healthy for you. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

1 Find out how many fruits and vegetables you need to eat every day.

Women

AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups



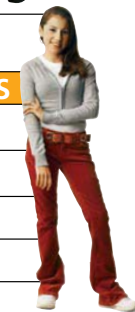
Men

AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups



Girls

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups









Boys

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups



These amounts are for less active people. Visit www.fruitsandveggiesmatter.gov to see the amounts needed by more active people.

2 Learn what 1 cup and ½ a cup look like.

EACH COUNTS AS 1 CUP		EACH COUNTS AS ½ CUP	
 1 large orange  1 large ear of corn  1 large sweet potato		 16 grapes  6 baby carrots  4 large strawberries	





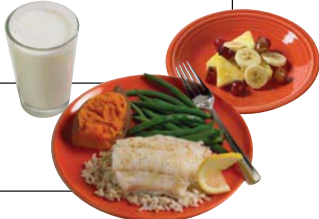
Visit www.fruitsandveggiesmatter.gov for more examples.





3

See how you can add fruits and vegetables into your day as part of a healthy diet.

BREAKFAST	Add some fruit to your cereal.	
SNACK	Grab a piece of fruit.	
LUNCH	Eat a big salad.	
SNACK	Choose raw vegetables as an afternoon snack.	
DINNER	Have two vegetables with dinner and eat fruit for dessert.	

TIPS

Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

For breakfast:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.



For snacks:

- Eat a piece of fruit like an apple, banana, or plum.
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."



For lunch and dinner:

- Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.
- Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas. Brown on both sides in a pan until cheese melts. Top with salsa.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.

